



7<sup>TH</sup> AFC MEDICAL  
CONFERENCE  
QATAR 2022

2 - 6 March 2023

# AFC SPORTS PHYSIOTHERAPY COURSE

## 3 MARCH 2023

### TARGET AUDIENCE

Allied health professionals (Physiotherapists)

### ACTIVITY CODE

HGI-03-P117

### VENUE

Aspire Auditorium, indoor track and field area, and indoor football pitch

### TIME

08:15 – 17:00

Registration: 07:30 – 08:15 hrs.

### CREDITS

7.0 credit hours

### OVERALL LEARNING OBJECTIVES

*On completion of this activity, participants will be able to:*

1. Identify the needs of the female footballer from a sport physiotherapist's perspective.
2. Apply up-to-date monitoring techniques of the exercise load during rehabilitation.
3. Identify and analyze the psychological profile of the injured footballer and provide appropriate guidance.
4. Apply up-to-date post-match recovery strategies.
5. Apply evidence-based clinical examination techniques for the major upper and lower limb joints and make informed decisions regarding return-to-play.
6. Analyze the results of basic biomechanical assessment drills done with portable sensor technology, for lower limb injuries, and make informed decision regarding return-to-play.

This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions – Accreditation Section and is approved for maximum of 7.0 credit hours.

وزارة الصحة العامة  
Ministry of Public Health  
دولة قطر • State of Qatar



## PRE-CONFERENCE COURSE/WORKSHOP PROGRAMME

### MORNING SESSION: LECTURES AT AUDITORIUM

7:30 – 8:15	Registration
8:15 – 8:30	Introduction & Welcome <b>Kostas Epameinontidis (Chair of SPC) / Riadh Miladi (Director of Rehabilitation)</b>
8:30 – 8:50	The female footballer: special considerations for the sports physiotherapist <b>Olivia Barbosa, Sports Physiotherapist</b>
8:50 – 9:10	Monitoring the exercise load when training and rehabbing at the club <b>Karim Chamari, PhD</b>
9:10 – 9:30	Psychological support of the injured footballer: What the club physiotherapist should know and apply <b>Karim Khalladi, Sports Psychologist</b>
9:30 – 09:50	Post-match recovery strategies: Implications for the club physiotherapist <b>Bruna Antunes, Sports Physiotherapist</b>
9:50 – 10:10	Questions – Discussion
10:10 – 10:30	Coffee Break

### AFTERNOON SESSION: WORKSHOPS AT TRACK & FIELD AREA & INDOOR FOOTBALL PITCH

#### Standardised Assessment and Clinical Reasoning strategy for Return to Play

- **Station 1** – Indoor Track & Field Area  
*Shoulder Injuries in Football*
- **Station 2** – Indoor Track & Field Area  
*Knee ligament Injuries in Football*
- **Station 3** – Indoor Track & Field Area  
*Ankle ligament injuries in Football*
- **Station 4** – Indoor Track & Field Area  
*Objective biomechanical Assessment of the lower limb*
- **Station 5** – Indoor Football Pitch  
*Sport-specific Rehabilitation for the Lower limb in Footballer*



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Time	Session 1	Session 2	Session 3	Session 4	Session 5
10:30 – 11:30	A	B	C	D	E
11:30 – 12:30	E	D	B	C	A
12:30 – 13:30	Lunch Break				
13:30 – 14:30	B	A	D	E	C
14:30 – 15:30	C	E	A	B	D
15:30 – 16:30	D	C	E	A	B

## FINAL LECTURE

16:40 – 16:55	The role of the physiotherapist as a member of a high-performance medical team: The Qatar National Football Team Experience <b>Hercules Paquet</b>
17:00	End of the Course

## SCIENTIFIC PLANNING COMMITTEE

**Konstantinos Epameinontidis (Chair), Sofie Nelis (Co-chair), Kate Kai-Yee Yung, Martina Jakob Emersic, Carla Pereira, Noor Al Marri, Rodney Whiteley, Andrew Robert Cole, Elaine Zammit, Heloise Jorge and Joanne Lambert.**

**The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators, and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.**

**Overall time:** 6 hours and 55 min | **Lecture:** 95 min | **Interactive session:** 320 min (77%)